CDR GERONTOLOGY NUTRITION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://cdrgerontologynutrition.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. What is the primary purpose of nutrition screening?

A. To identify characteristics associated with nutrition problems

B. To provide detailed dietary recommendations

C. To diagnose specific medical conditions

D. To assess physical fitness levels

2. Which nutrient is considered essential for maintaining skin integrity in older adults?

A. Vitamin C

B. Calcium

C. Fiber

D. Protein

3. For a normal active individual, what is the recommended activity factor?

A. 1.2

B. 1.3

C. 1.5-1.75

D. 2.0

4. What is the recommended approach for providing nutrition education to older adults?

A. Culturally sensitive information presented in an accessible manner

B. General guidelines applicable to all age groups

C. Complex technical information to enhance understanding

D. A focus on high-calorie diets

5. Which food items are typically excluded from the diets of Korean Americans?

A. Grains and meats

B. Milk and dairy products

C. Sweets and desserts

D. Vegetables and fish

SAMPLE

6. Which test can help confirm the function of the trigeminal nerve?

A. Smiling while clenching teeth
B. Gagging and swallowing
C. Sticking out the tongue
D. Opening the mouth and showing teeth

7. What services does OAANP provide to older Americans?

A. Only congregate meals
B. Transportation services only
C. Congregate and home delivered meals along with nutrition services
D. Recreational programs and workshops

8. What is the EER for a person with paraplegia?

A. 18 kcal/kg
B. 20 kcal/kg
C. 27 kcal/kg
D. 28 kcal/kg

9. What type of protein sources should older adults prioritize in their diet?

A. Processed meats
B. Plant-based sources
C. Saturated fat sources
D. High-sodium sources

10. The Pioneer Network Model primarily focuses on which aspect?

A. Enhancing physical activity
B. Developing dining practice standards
C. Plant-based nutrition
D. Health education for the elderly

SAMPLE

Answers

SAMPLE

1. A
2. D
3. C
4. A
5. B
6. A
7. C
8. D
9. B
10. B

SAMPLE

Explanations

SAMPLE

1. What is the primary purpose of nutrition screening?

A. To identify characteristics associated with nutrition problems

B. To provide detailed dietary recommendations

C. To diagnose specific medical conditions

D. To assess physical fitness levels

The primary purpose of nutrition screening is to identify characteristics associated with nutrition problems. This process involves evaluating various factors such as dietary intake, health status, and lifestyle to quickly determine if an individual is at risk for malnutrition or other nutrition-related issues. By systematically assessing these characteristics, nutrition screening helps healthcare providers identify those who may require further assessment or intervention. In contrast, providing detailed dietary recommendations goes beyond the scope of screening and involves personalized planning based on comprehensive assessments of an individual's dietary needs and medical history. Diagnosing specific medical conditions requires a thorough medical evaluation and is not typically the focus of nutrition screening, which is meant to highlight potential risks rather than confirm a diagnosis. Similarly, assessing physical fitness levels is unrelated to nutrition screening's primary focus; while physical health can be associated with nutrition, the screening itself is specifically designed to identify nutrition-related risks rather than evaluate physical fitness.

2. Which nutrient is considered essential for maintaining skin integrity in older adults?

A. Vitamin C

B. Calcium

C. Fiber

D. Protein

Protein plays a critical role in maintaining skin integrity, especially in older adults. It is essential for the synthesis of collagen, elastin, and other structural components of the skin. As we age, the body's natural production of collagen decreases, which can lead to skin thinning, wrinkles, and decreased elasticity. Adequate protein intake helps to support the repair and maintenance of skin tissue, which is vital for preserving its strength and function. In older adults, protein needs may be heightened due to factors such as muscle loss and changes in metabolism. Ensuring sufficient protein consumption can aid in maintaining not only skin health but also overall physical health, as it supports muscle mass and immune function. Other options, while important, do not address skin integrity in the same direct manner. For instance, vitamin C is crucial for collagen formation and the body's antioxidant defense, but it works best in conjunction with protein. Calcium is vital for bone health and not directly related to skin structure, while fiber is essential for digestive health but does not play a significant role in skin integrity. Therefore, protein is the key nutrient specifically linked to maintaining skin integrity in older adults.

SAMPLE

3. For a normal active individual, what is the recommended activity factor?

A. 1.2

B. 1.3

C. 1.5-1.75

D. 2.0

For a normal active individual, the recommended activity factor is typically in the range of 1.5 to 1.75. This range is established to account for individuals who engage in regular physical activity, which goes beyond mere sedentary behavior but does not imply intense training or athletic performance. The activity factor is a multiplier applied to the basal metabolic rate (BMR) to estimate the total daily energy expenditure (TDEE). For those classified as "active," which often includes activities like moderate exercise three to five days a week, an activity factor of 1.5 to 1.75 is appropriate. This acknowledges the additional calorie requirements of maintaining an active lifestyle while not engaging in heavy or vigorous exercise. In contrast, the other options provide figures that either underestimate or overestimate the activity level. A factor of 1.2 is generally designated for sedentary individuals, while options like 1.3 and 2.0 do not accurately reflect moderate to active levels. The range of 1.5 to 1.75 effectively supports the nutritional and energy needs of those who maintain a typical active lifestyle.

4. What is the recommended approach for providing nutrition education to older adults?

A. Culturally sensitive information presented in an accessible manner

B. General guidelines applicable to all age groups

C. Complex technical information to enhance understanding

D. A focus on high-calorie diets

The recommended approach for providing nutrition education to older adults emphasizes the importance of culturally sensitive information presented in an accessible manner. This approach acknowledges the diversity within the older adult population, which includes variations in cultural backgrounds, dietary practices, and health beliefs. By delivering nutrition education in a way that respects and incorporates the cultural values and preferences of individuals, educators can foster greater engagement and understanding. Accessibility also plays a critical role, as older adults may have varying degrees of literacy, vision impairment, or cognitive decline. Utilizing clear language, visual aids, and straightforward concepts ensures that the information is digestible and practical for everyday application. Moreover, this approach helps to promote healthy eating habits tailored to individual preferences rather than a one-size-fits-all model, ultimately leading to better health outcomes in the older population.

SAMPLE

5. Which food items are typically excluded from the diets of Korean Americans?

A. Grains and meats

B. Milk and dairy products

C. Sweets and desserts

D. Vegetables and fish

The exclusion of milk and dairy products from the diets of many Korean Americans is linked to lactose intolerance, which is relatively common in Asian populations. Traditionally, many East Asian cuisines, including Korean, do not incorporate significant amounts of dairy. This stems from cultural dietary practices that developed over centuries and are further supported by genetic factors that affect lactose digestion. As a result, Korean Americans often rely on other sources of calcium and nutrients typically provided by dairy, such as leafy greens, tofu, and fortified non-dairy alternatives. While grains, meats, vegetables, and fish are integral and commonly consumed components of Korean cuisine, milk and dairy products are often absent due to these dietary norms and health considerations.

6. Which test can help confirm the function of the trigeminal nerve?

A. Smiling while clenching teeth

B. Gagging and swallowing

C. Sticking out the tongue

D. Opening the mouth and showing teeth

The function of the trigeminal nerve, which is the fifth cranial nerve, can be assessed through activities that involve sensation and motor functions in the face and jaw regions. The selected test, which involves smiling while clenching the teeth, directly engages the muscle groups innervated by the trigeminal nerve, particularly the muscles involved in mastication. Furthermore, this activity allows the clinician to evaluate both the sensory and motor pathways of the trigeminal nerve, as clenching the teeth also requires the coordinated movement of facial and jaw muscles that the trigeminal nerve controls. In contrast, the other options focus on different cranial nerves. Gagging and swallowing primarily assess the function of the glossopharyngeal and vagus nerves. Sticking out the tongue evaluates the hypoglossal nerve, which primarily governs tongue movement. Opening the mouth and showing teeth might seem relevant but does not provide a comprehensive assessment of the trigeminal nerve's sensory and motor capabilities in the same direct manner as the selected test. Thus, the activity of smiling while clenching teeth is the most appropriate method for confirming the function of the trigeminal nerve.

SAMPLE

7. What services does OAANP provide to older Americans?

A. Only congregate meals

B. Transportation services only

C. Congregate and home delivered meals along with nutrition services

D. Recreational programs and workshops

The correct answer highlights the comprehensive role that the Older Americans Act Nutrition Program (OAANP) plays in serving older adults. This program not only provides congregate meals, which are community-based dining opportunities that foster social interaction, but it also offers home-delivered meals for those who may be unable to attend congregate settings due to mobility issues or health concerns. In addition to meal services, the program includes nutrition services that focus on educating older adults about healthy eating, nutritional needs, and how to manage dietary restrictions. By addressing both meal provision and nutritional education, OAANP fulfills a critical need for older Americans, promoting better health and well-being within this population. The other options do not encompass the full range of services provided by OAANP. For instance, focusing solely on congregate meals or transportation services overlooks the nutritional support that can significantly impact health outcomes. Recreational programs and workshops are valuable, but without the foundational nutrition services, they do not address one of the primary needs of older adults—adequate and nutritious food access.

8. What is the EER for a person with paraplegia?

A. 18 kcal/kg

B. 20 kcal/kg

C. 27 kcal/kg

D. 28 kcal/kg

The Estimated Energy Requirement (EER) for individuals with paraplegia is typically calculated based on their reduced level of physical activity due to the condition. Paraplegia involves paralysis of the lower body, which significantly lowers energy expenditure compared to someone without this condition. The correct value of 28 kcal/kg reflects this adjustment, taking into account the decreased energy needs associated with being sedentary and the specific metabolic considerations of someone with paraplegia. Understanding EER is crucial for accurately meeting the nutritional requirements of individuals with varying activity levels and health conditions. In the case of paraplegia, the formula used adjusts caloric needs downward, and the 28 kcal/kg figure is established through clinical research and nutritional guidelines tailored for people facing this specific mobility challenge. This distinction helps to provide appropriate dietary recommendations that can support health, weight management, and overall well-being.

SAMPLE

9. What type of protein sources should older adults prioritize in their diet?

A. Processed meats

B. Plant-based sources

C. Saturated fat sources

D. High-sodium sources

Older adults should prioritize plant-based protein sources in their diet for several important reasons. Plant-based proteins, such as legumes, nuts, seeds, whole grains, and soy products, are not only rich in protein but also provide a wide array of essential nutrients, including fiber, vitamins, minerals, and antioxidants. High fiber content helps support digestive health, which can sometimes be a concern as individuals age due to changes in the digestive system. Additionally, plant-based proteins are generally lower in saturated fats and cholesterol compared to animal sources, making them a heart-healthy choice. This is particularly significant for older adults who may be more susceptible to cardiovascular disease. The consumption of plant-based foods has been linked with various health benefits, such as reduced risk of chronic diseases, improved weight management, and better overall health outcomes. In comparison, the other options do not support optimal nutrition for older adults. Processed meats can be high in unhealthy fats and sodium, potentially increasing the risk of heart disease and hypertension. Saturated fat sources are associated with increased cholesterol levels and cardiovascular risk, which is a concern for older populations. Lastly, high-sodium sources can lead to fluid retention and hypertension, further complicating health conditions common in older age groups. Thus, focusing on plant-based

10. The Pioneer Network Model primarily focuses on which aspect?

A. Enhancing physical activity

B. Developing dining practice standards

C. Plant-based nutrition

D. Health education for the elderly

The Pioneer Network Model is fundamentally centered on improving the quality of life for seniors within care settings, particularly by addressing how dining experiences are structured. The emphasis on developing dining practice standards reflects a holistic approach that values the social, emotional, and nutritional aspects of mealtime for older adults. The model advocates for creating a home-like environment, encouraging choice and personalization in meal options, and fostering meaningful interactions during dining. This focus on dining practices not only supports better nutrition but also enhances socialization, which is crucial for the mental and emotional well-being of seniors. By prioritizing these standards, the model aims to transform dining from a mere necessity into an enriching experience, thus promoting a higher quality of life among older adults.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://cdrgerontologynutrition.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE